Indoor air pollutants may have severe health effects depending on the type of pollutant, the amount of

**Indicators of poor indoor air quality include:**

- poor employee productivity
- employee complaints of flu like symptoms including eye irritation(also known as sick building syndrome and building related illnesses)
- an increase of unexplained absenteeism
- insufficient air supply
- irregular fresh supply air
- poorly controlled temperature and humidity

**Symptoms can be....**

Headaches, eye, nose, throat irritation, dry throat, itchy skin, nausea, dizziness, tiredness and discomfort, fever, muscle aches, sneezing, chills, chest tightness.

Common harmful indoor air pollutants include:

- Mould (in bathrooms and damp buildings)
- Indoor fuel emissions (stoves, indoor cooking fire)
- Asbestos (in pipes)
- Tobacco smoke
- Pesticides
- Carbon monoxide
What should one do to address the problem?

Avoid the following....

- combustion products from accumulating indoors
- inadequate fresh air
- damp conditions which favour microbial growth e.g. in carpets from roof leaks)
- carpets which collect dust
- new furnishings and carpets, which may emit chemicals
- improperly maintained and poorly functioning air-conditioning systems
- sources of unusual odours
- overcrowding

Also...
Delegate people responsible for mitigating the specific problem elements which contribute to an IAQ problem.

How should I prevent IAQ problems from returning?

- choose concerned and responsible people to manage IAQ
- do not skimp on building and air-conditioning systems maintenance
- have the IAQ management team report on their progress regularly
- encourage all employees to take an interest in reporting the signs of problems

Breathe Healthy Indoor Air

This pamphlet was produced by NIOH. For more information or assistance log a query with our Occupation Hygiene Section at www.nioh.ac.za or contact us at 011 712 6400

The NIOH is administered from 25 Hospital Street Braamfontein, Johannesburg, South Africa